

First Look

Madness cancelled

Midnight madness shopping at the base exchanges has been cancelled. Both exchanges will close at 8 p.m.

Candygram ...

The 729th Air Mobility Squadron booster club will deliver a Holiday Candy Cane Gram to a special someone for \$2. Grams include candy cane, bow, attached message and delivery fee. Delivery date is Dec. 22. To order, call 2-4289.

Flu Shot Reminder

People who have been notified they are eligible to receive a flu shot should report to the immunizations clinic as soon as possible to get their shot. Unused doses of the flu vaccine will be sent to deployed locations and returned to the United States for use, and could begin as soon as Jan. For more information, call the 65th Medical Group at 2-3239

Post office hours

Effective immediately, the post office parcel pick-up window will resume its normal

Preflight

- Days since last DUI 47
- DUIs since Jan. 1 3
- Current AEF 1 & 2
- Current FPCON Alpha

Merry Christmas to all!



Santa Claus passes out candy at the youth center during Team Lajes' annual orphanage Christmas party Saturday. About 200 kids from the 10 Boys Home, Nossa Senhora do Livramento and Associação de Apoio à Criança orphanages attended. The annually occurring Christmas party was sponsored by many groups and squadrons on base. Activities for the children included games, crafts, basketball shoot, bouncy castle and pinatas. There was food and candy, and an opportunity to have pictures taken with Santa. (Photo by Airman 1st Class Josie Kemp)

A special holiday season

Gen. Robert H. "Doc" Foglesong
Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany (USAFENS) — You worked hard over the past year, selflessly dedicating yourself to the mission, not only in Europe, but throughout the world. Be sure to take time over the holidays to enjoy the season and camaraderie of family and friends.

As the holidays approach, pause and reflect on your accomplishments as well as the sacrifices, you and your family have made. I'm proud of your superb courage and selflessness which never cease to

amaze me. Your hard work is making an enormous difference around the world as we build a better future for all. Without dedicated folks like you, we would not be the world's most respected and feared Air Force.

As you celebrate the holidays, don't lose focus on your fellow Wingmen who may be spending the season away from their loved ones. Reach out and include them in your holiday activities. Remember, whether deployed or at home station, you're an important part of our USAFE family.

Thanks for all you do!

Mary and I wish you and your family a safe and happy holiday season.

Combat Wingman: More than just a catch phrase

By Gen. Robert H. "Doc" Foglesong
Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany (USAFENS) — Do you have a Wingman? Have you checked in yet? We've all heard these catch phrases thrown around for the past two months, but have you really taken them to heart? Being a Wingman is not just about making a formalized commitment on a Wingman card — it's about checking each other's six and going the extra mile to take care of your fellow Airmen.

The holidays are a time most of us set aside for family and friends. However, we also need

to remember that it can often be a time of increased stress, depression and mishaps. Some families are separated from their deployed loved ones while others are here in Europe on unaccompanied assignments. That's why there is no better time than now to step up our commitment to our fellow Airmen. People are talking about the Combat Wingman program, and that's great. It's now time to take it to the next level by strengthening these commitments and truly looking out for each other.

Last fiscal year, U.S. Air Forces in Europe saw a 20 percent increase in DUIs during the holiday season as well as a 20 percent increase in personal motor vehicle accidents from November to January. We've had 47 Air Force

suicides this calendar year with 2 occurring in USAFE. There are some things that are out of our control, but displaying Wingman consideration isn't one of them. As Airmen, looking out for each other is a part of our core values, and if doing so can help brighten someone's day or prevent an accident or a death, then Combat Wingman is a success in my book.

Whether over the skies of Afghanistan, on the airfields in Iraq or at home station, we need to remain vigilant and keep each other safe during the holidays and throughout the year. By participating in Combat Wingman, we reinforce our existing commitment to each other on a personal level. Have you made a Wingman commitment yet? If not, it's time to check in!



Music for the season

(Left) The hand bell choir plays *Silent Night* during the Christmas Choir Sunday. (Top left) Anita Martinez directs the choir (above) during the Christmas Cantata, "Christmas Tapestry," Sunday at the base chapel. (Photos by Guido Melo).



Focus notes

December Project CHEER

All activities are at the Sun & Sand Hut unless otherwise noted. For more information on activities at the Sun & Sand Hut, call Sheryl Bush at 2-4135.

Arcade games tournament is at 7 p.m. today.

Three on three volleyball is at 7 p.m. today at the Chace Fitness Center.

PlayStation Challenge is at 7 p.m. Saturday.

Free holiday movies are Christmas Eve, Christmas Day, New Year's Eve and New Year's Day at the base theater. Showings include a free popcorn and drink.

The Christmas movie is "Ocean's 12." For more information, call the theater at 2-4100.

Movie marathon is at 7 p.m. Sunday and 2 p.m. Dec. 26.

Single-elimination tournament of champions is at 7 p.m. Dec. 24.

Monopoly is at 6 p.m. Dec. 27.

New Year's Eve potluck party is at 7 p.m. Dec. 31.

Hut doors open

The Sun & Sand Hut is open to all enlisted single and unaccompanied members at Lajes for the duration of the Project CHEER season, April 1.

Reading contest

Winter storms causing the blues? Visit the base library and sign up for the winter reading contest which runs through Jan. 31.

Prizes will be awarded to the person who reads the most books in each of three categories: children up to 11 years old, teens 12-18 years old and adults over 18 years old. For more information, call the library at 2-3688.

December Combat Touch

All events are at the chapel. For more information, call 2-4211.

Men's Spiritual Leadership Training/Breakfast is at 8 a.m. Saturday.

A candlelight service is at 7 p.m. Dec. 24.

Christmas Eve Mass is at 11 p.m. Dec. 24.

Christmas Day Mass/Social is at 10:30 a.m. Dec. 25.

A Watch Night service is at 10:30 p.m. Dec. 31.

Step back, put focus back on family

Single and married members should both make time for loved ones

**by Maj. Gen. Mike Gould,
3rd Air Force Commander**

From time to time, we all need to step back from the hectic pace of our daily routines to get a good perspective check. You know, get out the "level" and see how well we're balancing our priorities.

I have done this constantly for years by looking at how I stand with regard to my faith, my family, my physical fitness and how much enjoyment and satisfaction come from my contributions. In my last article, I wrote about faith; today, I'll address the importance of family.

If you share the philosophy that we should all "work to live," not "live to work," you'll know what I mean in saying there is really nothing on earth more important than our families.

No matter what we accomplish during our time in the service, when the day comes to hang up the uniform for the final time, all the awards, citations, medals and memories will be behind us.

Thankfully, our families will still be there. We've all known too many people who look back on their careers with the single, haunting regret that they wish they'd spent more time with or taken better care of their spouse and kids. I decided long ago I would not let that regret hang

over my head, and I urge you to make the same pledge.

I know some struggle with what's sometimes seen as a conflict between one of our core values "Service Before Self" and the concept of taking care of our families. I believe they complement each other.

Let me explain. Granted, selfless service often spells long work days, extended separation from loved ones and all the associated sacrifices, but what better way to provide for your family than to demonstrate to your kids the value of a strong work ethic.

Showing your family how their love and support has prepared you to succeed in your chosen career is a way of honoring your parents, siblings and other extended family members.

On top of that, your sacrifices and your dedication to excellence will only serve to further your personal advancement, once again, allowing you to better provide for your family's needs.

Taking care of our families takes a conscious effort. Simply talking about it won't cut it. I've been physically separated during birthdays, holidays, anniversaries and T-ball games. I know you have as well.

We have to work at it. We must find ways to make up for lost

time, and when we do have precious time together, make the most of it.

We, as parents, need to know how important it is to be at our children's events: ball games, dance recitals, parent-teacher conferences, school awards, church activities, etc. Then we need to make that special effort to be there.

At the same time, supervisors and commanders must likewise create a work environment that encourages Airmen to step forward and ask for time to participate in these extra special family events.

Single Airmen are not exempt from this family perspective check. Even though a spouse and children, there are certainly loved ones, moms, dads, grandparents, brothers and sisters, aunts and uncles, who treasure the phone calls, emails and letters from you.

Stay close to your family. Tell them what's going on in your life. Share your successes and challenges, and let them know you love them.

With the advent of Combat Care, Third Air Force personnel are finding many new and inventive ways to put the focus back on our families.

I encourage everyone to in-

vestigate the kinds of Combat Care services your base offers. Activities I've seen during my command-wide travels include free dinners, movie passes, car-care certificates, theme park passes and a variety of other "good deals."

These types of services and incentives are helpful in easing the pain of separation, but the ultimate responsibility falls on each one of us Airmen to make the special, conscious effort to take care of our families.

We need to think ahead. We should sit down with our families prior to deploying and scour the atlas so they know where these far-off places are.

While away, we should write notes to our children encouraging them in their accomplishments, both big and small.

We should also prepare thoughtful gifts or letters for our spouses to be presented by friends throughout our time away.

Yes, taking care of our families takes a conscious effort. Let's all make sure to re-examine our priorities this holiday season and if our families are not at the top of our list, let's reprioritize.

Thanks for your service. It's a pleasure working with the world-class men and women of Third Air Force!

King me!

Staff Sgt. Philip Burns and Staff Sgt. William Diehl, 65th Civil Engineer Squadron fire department, play a game of checkers at the Sun and Sand Hut Monday. The Hut will be hosting various events throughout the holiday season for single and unaccompanied members. For more information, call the community activity center at 2-4135. (Photo by Staff Sgt. Michelle Michaud)





Survey helps shape programs

by the 65th Services Squadron

Ever wish someone would really listen to customer wants and needs? Well, Headquarters Air Force Services is all ears.

Every year, they conduct a Customer Feedback Survey to assess customer satisfaction with Services programs. The responses from this survey help drive policy and program decisions.

For people who were randomly chosen to receive this survey, now's the time for them to let their opinions be known. Air Force Services is committed to combat support and community service and offers many programs to improve quality of life for Air Force Families.

These surveys let services officials know what they are doing right and where things can be improved.

"The survey is a very important customer feedback tool," said Annick Schoenthal, 65th Services Squadron chief of marketing. "Take the time to fill it out and return because your responses will help make a difference in the programs services offers to you, your family, and the entire Lajes community."

For more information, contact Ms. Schoenthal at 2-6324.



Clinton Jordon watches as Todd Erslev and Timothy Reed, all from the 65th Civil Engineer Squadron fire department team, throw balls at their opponents during the dodgeball tournament Saturday. (Photos by Staff Sgt. Michelle Michaud)



Terence Williams, 65th Security Forces Squadron, jumps out of the way of a ball thrown by Clinton Jordon, 65th CES.

Watch out!

Fourteen teams - 84 members of Team Lajes participated in the Project CHEER-sponsored dodgeball tournament Saturday at the Chace Fitness Center. Competition was rough and more than one combatant went home with bumps and bruises, but the gymnasium was packed full throughout the evening and officials deemed the event a success.

Winning first place was "Blue Army," consisting of Kara Warren, Jason Johnson, Josh Gray, Paul Marquez, Bobby Burger and Robbie Arp. Coming in second was "Blue Sunday" with Dan Glancy, Jason Sharpe, Courtney Gentry, Luke Richey, Jon Carter and Jesse Hakala. The "DoDDS School Teachers," Brian Daly, Ryan Goodfellow, Carter Hoff, Ken Cruz, Lucas Cruz, Kate Carmody and Nathan Hoff, won the Sportsmanship Award.

AFE sends Lajes holiday cheer

by **Capt. Yvonne Levardi**
Chief, public affairs

From actors to magic shows to bands, Armed Forces Entertainment and the United Services Organization are providing many holiday entertainment events to keep Team Lajes spirits high.

Tonight at 7 p.m. at the youth center, Rick and Donna Moore and Rodney E. Kelley perform a magic extravaganza with "Moore Magic, More Fun." The show consists of contemporary Houdini-type escapist performances as well as a wide array

of magic tricks. Mr. Kelley performs balloon tricks and card games to amaze the audience and children.

In addition to the magic show tonight, AFE also brings four television and movie stars to visit Lajes Monday.

Dennis Farina, from "Law & Order" and "Paparazzi;" Bill Brochtrup, from "Dharma & Greg," "Picket Fences" and "Murder, She Wrote;" Sherry Saun, from "One Live to Live" and "House Party III;" and Kamar de los Reyes, from "One Life to Live" and HBO's "Undeclared," are part of the AFE/

USO Holiday Handshake Tour 2004.

Their visit to Lajes includes a meet-and-greet autograph session from 11:30 a.m.-12:30 p.m. at the Commissary, followed by an open lunch at the Tradewinds Dining Facility from 12:30-1:30 p.m. At about 2:15 p.m., the stars will start visiting squadrons, and will have an open dinner at 6:15 p.m. at the dining facility.

"They're coming to the Mediterranean region to visit the troops and family members as ambassadors of goodwill," said Sheryl Bush, 65th Services

Squadron. "They're here as a holiday cheer tour, you could say."

For a holiday night out at Lajes, people can see the Michael Lee Jackson Band which will perform at the base theater from 4-5 p.m. Dec. 24-25. The six-member band from Buffalo plays a "serious dose of bluesy rock-n-roll."

"They perform all types of music," said Paulo Feliciano, 65th SVS marketing specialist. "This is perfect for dancing, and is a warm holiday reminder of home."

All three events are free.

Travel safe, get home sound

By **Maj. John Roden**
Chief of safety

Now is a time of heavy leisure travel back in the states as families and friends join together for the holidays.

Travel during this time of year has its own special concerns during normal times, and since 9/11 extra security and unexpected changes have become the norm. The following holiday travel advice is especially relevant given the current circumstances.

Remember to keep identification and ticket within easy reach. Travelers may be asked to show tickets and photo identification several times, so keep them close at hand at all times.

Expect a crowded aircraft, so pack carefully. Holiday travel usually means airplanes are more crowded than usual. Also, don't completely wrap any present in either carry-on or checked luggage – that way they can be checked more easily by security screeners. Travelers can do their part by limiting the size and weight of their carry-on luggage.

What to wear to reduce risks. In the unlikely event of an airplane evacuation via escape slides, synthetic fibers can become very hot due to friction and melt causing first, second and even third degree burns to the body and legs.

To ensure comfort and safety, wear clothes made of natural fibers – cotton, wool, denim or leather – as those fibers offer the best protection during an evacuation or fire. Synthetic material – rayon, polyester or nylon – can melt when heated. Wear roomy and comfortable clothes with long pants and sleeves. Travelers should avoid wearing shorts or skirts since they don't cover extremities. Also, wear low-heeled, laced or strapped shoes, boots or tennis shoes. Leather or canvas

shoes are preferable. This ensures safe, fast departure while providing good protection from possible hazards on the ground.

Once arriving back in the states, many travelers will have to drive long distances to reach holiday destinations. Everyone wants to maximize time spent with family while keeping travel time to a minimum, but travelers should apply some O R M / W i n g m a n concepts to increase the safety factor.

Build in some rest stops to stay alert. If traveling with others, rotate drivers every couple of hours. Be alert for unusual weather conditions, especially if traveling to a location with snow and icy road hazards.

Have a general idea of the route and, if possible, assign a navigator to avoid having to look down at a map while driving.

Holiday celebrations usually include alcohol in some form. Always be prepared for the effects alcohol consumption will have on driving ability that night or even the next day after a holiday celebration. A designated driver is always a good idea for parties, and a great tool for people who expect to travel the next day.

With the pressure of "Get there-itis" there will surely be some stressful mo-

ments on the road for many. According to the American Automobile Association Foundation for Traffic Safety, aggressive driving is the number one safety concern of motorists. Drunk driving is number two. A study conducted for the foundation examined more than 10,000 incidents of violent aggressive driving.

On average, the trend in "road rage" incidents has increased 7 percent each year since 1990. Reasons for the behavior range from the sublime, "I would have never shot him if he hadn't rear-ended me," to the ridiculous, "The other driver was playing his radio too loudly."

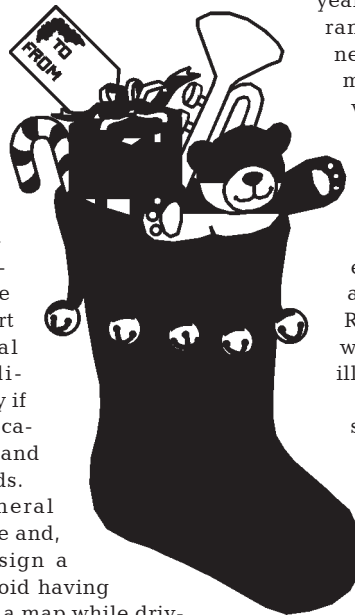
In 37 percent of the 10,000 incidents studied, a firearm was used. To avoid a confrontation with another driver, AAA suggests the following:

When changing lanes, signal. Drivers who cut off another driver should apologize immediately. Don't tailgate. Restrict the use of a cell/car phone while driving. In many states it is now illegal to do so.

If you encounter an angry aggressive driver, don't escalate the situation with an angry reaction. Stay calm, keep it impersonal. If the other person becomes threatening, get out of the situation immediately!

Make the car environment as comfortable and soothing as possible – listen to some music or a book on tape. Imagine what the other person's situation is. Maybe he/she's driving aggressively for a reason. He/she could be a doctor en route to an emergency.

And all in all, take the time to enjoy that trip back in the states. Designate a state-side wingman now. Just remember, a little pre-planning can go a long way towards a more enjoyable travel and holiday experience.



Survey reviews awareness

Nadia Najdawi
Contributing writer

The Air Force has been assigned by the Chief of Staff of the Air Force to complete a survey on suicide prevention efforts. The purpose of the survey is to ensure that all personnel stationed at military bases are aware of the available base resources services and that they are easily accessed.

Two forms of this survey have been e-mailed to all personnel, including the supervisors, first sergeants and commanders as well as a base-wide survey, which Chaplain (Capt.) David Knight has asked to be completed no later than Dec. 17, in order to complete the tasking. The input of Team Lajes is essential to help fully examine the survey and gather the appropriate data.

The purpose of this questionnaire is to provide quality resources which will enhance our overall Suicide Prevention Program here at Lajes.

ASACS educates Lajes

by **Nadia Najdawi**
Contributing writer

In addition to all the changes that have taken place this year at Lajes Field, the high school recently welcomed Georgina Gould, the newly-hired Adolescent Substance Abuse Counseling Services counselor.

She is available for students from 6th – 12th grade, and all services are available for both families and students.

"I think she's very approachable and the students can be comfortable with her, knowing what they talk about will stay confidential," said Eileen Kless, a high school teacher "More importantly she's here especially for the kids."

The ASACS program is a part of the Lajes Medical Treatment Facility, and counselors are available to educate the Air Force community about how to deal with adolescent substance abuse and to treat kids experiencing alcohol and drugs in their life or with their family.

ASACS counselors have been trained and are able to assist in providing prevention education materials, classroom pre-

sentations, workshops, and programs to students, parents and community members. In addition to these services, counseling is provided for individuals, groups, and family members when needed.

The ASACS services are available and free of charge to all military children and families authorized to receive care at U.S. military facilities, regardless of military or civilian status.

There is also informational, educational and in-service training available to military and community personnel.

For the privacy of individuals, ASACS maintains strict confidentiality, and encourages the participation of parents and family members.

"Having parents involved will help students have a better home life and will make talking to their parents easier," Ms. Gould said.

Ms. Gould, a licensed clinical social worker, has an office in building T-294 and encourages students to call or stop by anytime to discuss concerns or ask questions. She can be reached by phone at 2-6189. Students can refer friends or themselves if they have a problem, or a concern.



Around the Blue

News & Notes from Around the DOD and Air Force

Military Allotment Form Explained

All allotments – discretionary and non-discretionary — require a DD 2558 form to be filled out. The form permits starts, changes, or stops to allotments, maintaining a record of allotments and ensuring starts, changes, and stops are in keeping with the member's desire. An allotment is money that is automatically deducted from your total monthly pay.

Although the deduction is paid on the first of the month it is evenly divided between your bimonthly paychecks. Allotments can be used to provide support for relatives, loan repayments, insurance premiums, IRA, Thrift Savings Plans, savings accounts, etc. All active duty servicemembers, midshipmen, cadets, and reservists on EAD are eligible to make allotments from their pay. In addition retirees are eligible to continue all existing authorized allotments. This is to help servicemembers transition from active duty to retired status. There are two general categories for allotments; discretionary and non-discretionary, meaning allotments can either be vol-

untarily, or involuntarily taken from your paycheck. To download form DD 2558, see http://www.military.com/Resources/Forms/DD_2558.pdf

To learn more about allotments, go to <http://www.military.com/Resources/ResourceContent/0,13964,30830—,00.html>

White House seeks applicants

White House officials are encouraging servicemembers to apply for the White House Fellows Program. Applicants must obtain written endorsement and authorization from their superiors. Founded in 1964, the program is one of America's most prestigious for leadership and public service, officials said. It provides firsthand experience in government operations. Up to 19 people are selected each year to work fulltime for one year as special assistants to senior executives in cabinet-level agencies or in the executive office of the president. Servicemembers are particularly encouraged to apply since the program enhances executive development, officials said. Military applicants must meet the following criteria:

-Have 24 months time on station as of Aug. 1, 2005, or be returning from an overseas assignment between July 1 and Aug. 31.

-Have sufficient retainability to serve a three-year active-duty service commitment upon completion of the program.

-Be available for reassignment

For more information, go to <http://www.whitehouse.gov/fellows/>

TSP begins catch-up enrollment for 2005

Air Force Personnel Center's benefits and entitlements service team automated systems will be available for 2005 Thrift Savings Plan catch-up contribution enrollments beginning Dec. 12. To be eligible for catch-up contributions, employees must be age 50 or older in the year in which the first deduction occurs, be in a "pay" status, and be making regular contributions at either the maximum TSP percentage or an amount that will reach the Internal Revenue Service limit by the end of the year.

Employees contributing to other eligible tax-deferred retirement programs, such as a

401k, need to be aware that the IRS limit applies to the total contributed to all eligible tax-deferred retirement savings plans. For more information, see http://www.military.com/NewsContent/0,13119,usaf1_120804.00.html

TRICARE Online

If only doctors made house calls. Fortunately, your healthcare program does. TRICARE has launched a Web site with new services and helpful links. TRICARE Online (TOL) provides personalized services for TRICARE beneficiaries worldwide, in conjunction with local military treatment facilities (MTFs). It's important to note that TOL is not a substitute for professional medical advice. Acknowledgement of a detailed medical disclaimer is required for use of the site. The site features include online enrollment and appointments, information on claims (i.e., status of payments and copies of explanations of benefits for claims), general health info, and more. For more information, see http://www.military.com/NewContent/0,13190,TRICARE_Online_00.html.



(Left) Santa Claus gives a toy to Wyatt Boone, son of Becky and Senior Airman Dale Boone, 65th Civil Engineer Squadron, at Burger King Saturday. (Above) Santa Claus eats breakfast with Joseph Perez, Alyx and Drew Yanex, sons of Tech. Sgt. Erica and Master Sgt. Joe Perez, at Burger King Saturday. (Photos by Airman 1st Class Josie Kemp)

'Tis the season



(Left) Toni Leonard packs bags of cookies Monday morning at the chapel for the annual Cookie Caper. (Photo by James O'Rear) (Above) Master Sgt. Eddie Gilliam, 65th Security Forces Squadron, and other volunteers serve food at the youth center during the orphanage Christmas party. (Right) Senior Master Sgt. Rob Brooks, 65th Mission Support Group first sergeant, hands a bag of cookies to Senior Airman Dyson Kepner, 65th Communications Squadron. First sergeants and commanders handed out 250 bags of cookies to single and unaccompanied members Monday evening. (Photos by Airman 1st Class Josie Kemp)



Happy holidays, USAF

WASHINGTON (AFPN) — The following is a holiday message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

"In this special holiday season we offer our sincere best wishes to our Air Force family — our Total Force of active duty, Guard, Reserve and civilians, as well as your families who support your remarkable commitment to protect freedom and defend the United States.

"You are the most important part of the world's greatest air and space force — the heart and soul of our combat capability, and the bedrock of what makes this nation great.

"For those deployed, please know that you and your families are in our thoughts and prayers, and that we are enormously proud of the work you're doing. In Afghanistan and

Iraq, you continue to fight terrorism while helping courageous people find the path to stability and self-governance. For those of you who serve in the United States, you defend our Republic to keep Americans safe.

"At home and abroad, you give our nation priceless gifts through your service — our cherished freedoms and the opportunity to live in peace.

"This is an extraordinary time to be an American and to serve in America's Air Force. We thank each of you and your families for your incomparable commitment. Wherever you may be this season, we encourage you to pause and reflect on your faith, your family, and your friends.

"We're honored to serve with you. We wish each of you a happy holiday season and blessings for a prosperous new year!"

An Azorean Christmas

The Portuguese on mainland and in the Azoreans celebrate Christmas like many other European countries and the United States, although there are some differences that are related to local traditions.

These differences vary with the regions, especially when it comes to food and religious services.

Although decades ago it was traditional to have a nativity scene, most Portuguese families now have Christmas trees in their living rooms, although some families still set up a nativity scene.

On Christmas Eve, families and friends usually gather for supper and to exchange gifts. The exchange of presents usually takes place after the meal is served, but it can take place at any other time.

The menu varies with the region and the families' economic situation, but it's common to have boiled codfish or stuffed turkey accompanied by red or white wine and other beverages. Many years ago the traditional dish was chicken — codfish and turkey were scarce and too expensive.

After dinner, many people go to church for Christmas Eve Mass, normally held around midnight. Some families prefer to attend Mass on Christmas Day.

On Christmas Day and the days following, people visit relatives, friends and live nativity scenes around the island if there are any.

This Christmas visiting period usually runs from Christmas until the Epiphany on Jan. 6, also known to the Portuguese as the "Day of the Three Kings."

A long time ago in the Azores, people would make home-made liqueurs during the Christmas season and invite friends to go to their homes to taste the liqueurs, Christmas cakes and other sweets. Since these drinks were made in honor of Baby Jesus, whenever they were poured into a glass it was

referred to as the Baby Jesus urinating or "O Menino Mija" in Portuguese.

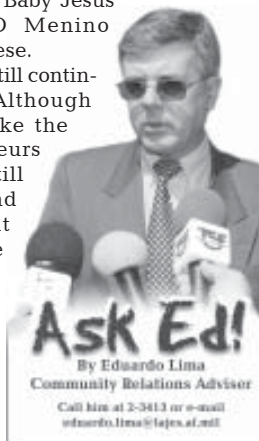
This tradition still continues nowadays. Although people don't make the home-made liqueurs anymore, they still invite friends and relatives to visit them during the season to participate in "O Menino Mija" and have a drink and taste the Christmas cake.

This year there will be a live nativity scene at the Angra Mental Hospital (Casa de Saude Espirito Santo) on the following days and times: 2-4 p.m. and 8-10 p.m. Dec. 25-30 and Jan. 1.

Also, Angra City Hall has built a temporary ice skating rink, located in the big parking lot next to the indoor swimming pool and sports pavilion (where the food booths are located during Sanjoaninas Festival). The rink will be open until Jan. 15. The intent is to bring more excitement to the holiday's season. Cost is 2 Euros for 45 minutes for people over 12 years old, and includes skate rental. Admittance is free for children under 12.

The rink will be open from 10 a.m.-4 p.m. and 6 p.m.-midnight Sun.-Thu. and from 10 a.m.-4 p.m. and 6 p.m.-1 a.m. Fri.-Sat.

For New Year's Eve, the Angra City Hall is sponsoring a New Year's Eve Party in the same location, Dec. 31 beginning at 9 p.m. Entertainment will be provided by the pop band "Agua na Boca." Fireworks will be launched from the Monte Brazil's big wall at midnight to celebrate the new year.



**Tech Sgt.
David Ross**

65th Logistics Readiness

Squadron

Everyday Hero

Duty title: NCOIC Outlying Work Sections

Job description: Supervise four sections maintaining fire, refueling, material handling, and 463L vehicles and equipment.

Time in the Air Force: Nine years, six months

Time at Lajes: 11 months

Spouse/children: Leah and son Matt (age 7)

What's the best aspect of your job: Seeing vehicles your sections maintain accomplish their mission

What are your career goals: Education and promotion

Best Air Force experience: Deploying

Life goal: Live comfortably/grow old

Hometown: Grafton, Neb.

One word to describe you: Serious

Hobbies: family, working on vehicles, woodworking

Favorite food: Steak

Favorite color: Red

Pet peeve: Littering/cigarette butts

When I was growing up, I wanted to be: A mechanic

If I could have only one kind of food, it would be: Mexican food

The first thing I would do if I won a \$1,000,000 is: Buy the home we plan to retire in.



COMMENTARY

Happy, safe holidays Team Lajes!

The following is a holiday message from Col. Barbara Jacobi, 65th Air Base Wing commander and Col. Danny Leonard, 65th ABW vice commander:

Christmas is the time when we reflect most on the ones we love. We show this love by thoughtful cards, calls home, gifts from the heart, thousands of cookies, warm greetings and spiritual events honoring our creator.

Whether this is your first time away from home or your twenty-first, we all have the same thoughts. We want to be with our loved ones. Here at Lajes, we want you to know we're are part

of your family.

The Airmen and civilians here are your brothers and sisters. We care about you and want you to have a joyous Christmas and happy New Year. You are never alone at Lajes.

For those of you who are not going home for the holidays, we charge you to contact your wingman face to face on either Christmas Eve or Christmas Day and let them know you care about them.

Tell your wingman thanks for

everything he or she has done to make Lajes a better place this year. Finally, make sure your wingman is taken care of and in good spir-

its. Know what your wingman plans to do for the holidays.

For those of you who are going home, we urge you to make a good travel plan. "Get there-itis" is a deadly affliction. We're not used to driving on ice and snow and, even on good roads, accidents happen when you push too far.

We will have safety briefings

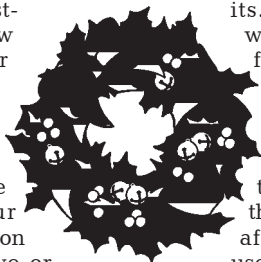
in each squadron to help prepare you for holiday challenges, but safety is a mindset that only you can choose.

Likewise, do not extend yourself too far to get back to Lajes on time. We want you safe more than we want you back on time. If you cannot make it back on time, keep your supervisor informed of your whereabouts.

We are not "remote and isolated" at Lajes unless we choose to be. We are truly one family here amongst our Azorean hosts.

Thanks for all you do to make Lajes the great place it is.

And, of course, Happy Holidays Team Lajes!



Promote yourself, strive to do your best

**by Chief Master Sgt. Cathi Durick
65th Air Base Wing Command Chief**

A knock on the door at 0dark30 on promotion day ... what a wonderful sound! Many of our enlisted folks are hard at work preparing for the "test of all tests" to get themselves promoted.

Earning promotion is never an easy task ... it's a result of hard work, determination and an indication of the immense confidence the unit, wing and Air Force has on the promotee's future potential. Each promotee should be justifiably proud of their selection when it happens.

According to Mr. Webster, the word promote has a couple of meanings. Of course it means to advance in station, rank or honor. But it also means to move forward and/or to contribute to the growth or prosperity thereof. We all should really pay particular attention to these latter definitions.

A military promotion is very important along the career path of military professionals, but we should also continually

promote ourselves individually by what we say and do.

Everyone should always strive to move forward, whether it is in their professional or personal lives. We should never be content to rest upon past laurels and do our earnest best in all we do.

Take personal pride in your daily tasks. Think of it as putting your own personal "stamp of approval" on work products you accomplish.

Through a conscious effort to do your best at all times - and to not cut corners - you will promote yourself as a professional, someone that can be counted on and someone worthy of emulation by subordinates, peers and even supervisors.

I'm sure you all have heard the phrase "it speaks for itself." Well, let your work speak for itself and always take pride in the work you do. Develop the reputation that when you do a job it will be done well. You will then promote yourself in a worthwhile way.

For those supervisors, you promote yourself as a leader when encouraging the

professional growth or prosperity of others. Our people are at the center of all we do. Supervisors must seek ways to enhance the growth opportunities of their people. Everyone has strengths and weaknesses, but as supervisors, we must strive to tap into the strengths of our people and work to improve their weaknesses.

Supervisors often miss the mark on this one. For example, some supervisors will always assign a work project to their best worker, and avoid assigning projects to a worker with less than stellar skills. Is this supervisor really doing his or her job? Most everyone has heard of the concept of leaving a workcenter better than you found it.

Well, the same concept applies to subordinates. Strive to leave them better than you found them too. Don't take the easy way out. Most of the time, your people will thank you as they get better at jobs they were once uncomfortable doing.

Cultivating improvement in people is also very rewarding. You'll witness firsthand the transformation of the growth of your people ... and of yourself in the process.



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The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at news@lajes.af.mil.

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Sports briefs

Fitness events take place at the Chace Fitness Center unless otherwise noted.

Spin away

The Chace Fitness Center is now offering spin class. Classes are at 6:15 p.m. Mon., 6 a.m. Tue. & Thu., noon Tue. & Fri. and 9 a.m. Sat. People can call 24 hours in advance to reserve a spot. For more information call Tech. Sgt. Mary Davis at 2-5151 or Staff Sgt. Eric Ross at 2-6126.

Ridge run

The Lajes Ridge Runners will meet at the community activity center at 9 a.m. Saturday for this month's run, walk, hike which takes place just north of Angra. Participants should dress in layers and bring water.

Strong-arm

A bench press competition for ages 18 and up is at 11 a.m. Jan. 15. There are two lifts at each weight and weight classes for men and women. Register by Jan. 7.

Keep going

An endurance competition is at 9 a.m. Jan. 28 for ages 18 and up. Co-ed teams consist of three people. Register by Jan. 18. For more information on the competitions, call Staff Sgt. Eric Ross at 2-6126.

HAWC fit tip

Want to run faster? Practice going faster on all cardio activities including running, biking, elliptical trainer, etc. Every little bit helps, even if it's just every other lap or for three minutes at a time. For more information, call the Health and Wellness Center at 2-3889.

Andro banned by law

On Oct. 22, President George W. Bush signed Senate Bill 2195, otherwise known as the "Andro Ban." The law, which takes effect Jan. 20 following a 90-day grace period, adds 18 substances to the list of banned anabolic steroids in Sec. 102 of the Controlled Substances Act (21 USC 802). The most significant of these is androstenedione, a steroid precursor known as "andro" in the bodybuilding community. Under the new law, andro and andro supplements (to include commonly-used 1AD and 4AD), which are currently available in virtually all health and fitness stores, will be classified as Schedule III controlled substances, similar to cocaine and heroin. As of Jan. 20, these substances may no longer be legally purchased. It will also be illegal to use them, even if they were bought before Jan. 20.

Ready, aim, throw!



(Left) Gary Warren, 65th Civil Engineer Squadron, pulls darts off the board during a game against the 65th Communications Squadron Dec. 9 at the Top of the Rock club. (Above) Members of 65th CES and 65th CS compete during intramural darts at the TORC. The 65th CS won 9-0. (Photos by Airman 1st Class Josie Kemp.)

Intramural standings

Darts

Team	W	L	T
LRS	5	1	0
MED GP	5	1	0
AMS	2	3	0
COMM	1	4	0
CES	1	5	0

Bowling Top-10

Tuesday intramurals

1. CES #2	75	37
2. SVS #2	62	50
3. Comm #1	60	52
4. AMS #2	58	54
5. JAMS/Det 6	56	56
6. CONS	56	56
7. SVS #1	52	60
8. LRS #2	50	62
9. LRS #1	46	66
10. MDOS	45	67

Thursday intramurals

1. Jam #1	72	40
2. OSS	69	43
3. AMS #3	66	46

4. CES #1	61	51
5. Comm #2	60	52
6. Comm #3	58	54
7. COMM #4	58	54
8. AMS #1	47	65
9. SFS	39	73
10. MDOS	30	82

Friday night mixed

1. 9DASH	52	36
2. IMPS	50	38
3. P.O.E.T.S.	46	42
4. Team 6	40	48
5. Brat Pack	40	48
6. Misfit Bowlers 36	52	

Sunday mixed singles

1. Norman Darling	
2. Walt Baer	
3. Pam Darling	
4. Rick Hamlett	
5. Kami Demyan	
6. Kara Warren	
7. Bobby Burger	
8. Anna Hamlett	
9. Willie Davies	
10. Paul Marquez	

Flight View BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. and Portuguese holidays

Ocean Front BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun.

Shoppette: 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun.

Barber shop: 8:30 a.m.-5:30 p.m. Mon.-Sat.; 8 a.m.-4:30 p.m. Sat.

Beauty shop: 10 a.m.-6 p.m. Tue.-Sat.

Manicure shop: 10 a.m.-6 p.m. Tue.-Sat.

Dry cleaners: 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat.

Gas station: 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6 p.m. Tue.-Sat.

Lajes services

Child development center: 7 a.m.-5:30 p.m. Mon.-Fri.

Community activities center: 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun.

Commissary: 10 a.m.-6 p.m.

Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu.

Chace Fitness Center: 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun.

Library: 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun.

Outdoor recreation: 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun.

PFCU: 11 a.m.-4 p.m. Mon.-Thu.; 11 a.m.-5 p.m. Fri.

Skills development center: noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat.

Thrift shop: 12:30-4:30 p.m. Mon. and Wed.; 10 a.m.-2 p.m. Fri. and 1st Saturday of the month.

Vet clinic: 8 a.m.-2 p.m. Mon., Tues., Thurs., Fri.; noon-6 p.m. 1st, 3rd Wed.; 2-8 p.m. 2nd, 4th Wed.

Youth and teen center: 3-6 p.m. Mon.-Sat.; 8 p.m.-midnight Fri., Sat.

Burger King: 7 a.m.-11 p.m. Mon.-Thu.; 7 a.m.-12:30 a.m. Fri.; 8 a.m.-12:30 a.m. Sat.; 8 a.m.-9:30 p.m. Sun.

Tradewinds: Breakfast 6-9 a.m., lunch 11 a.m.-1:30 p.m., dinner 4-7 p.m., midnight meal 11 p.m.-1:30 a.m., Mon.-Fri.; Brunch 7 a.m.-1 p.m., supper 4-7 p.m., Sat., Sun, midnight meal 11 p.m.-1 a.m., Sat.

Frank's Franks: 11 a.m.-6 p.m., Tues.-Sat.

Oceanview Island Grill: Lunch 11 a.m.-11 p.m. Mon.-Sun. Specials, with fries or salad and drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

Subway: 10 a.m.-9 p.m. Mon.-Fri.; 10 a.m.-8 p.m. Sat.; noon-6 p.m. Sun.

Top of the Rock club: Lunch 11 a.m.-1:30 p.m., Mon.-Fri.; brunch 8:30 a.m.-noon, Sat.; dinner 5-9 p.m., Tue.-Sat. Lunch buffets and specials: Mon., Southern buffet, traditional club sandwich, chef salad; Tue., Mexican buffet, rancho burger, chicken fajita salad; Wed., Italian buffet, meatball sub, chicken caesar salad; family dinner buffet; Thu., Oriental buffet, beef stir-fry sandwich, mandarin chicken salad; 2-4-1 steak night; Fri., seafood buffet, fish sandwich, tuna salad;

Prime & Wine dinner; Hoof & Fin dinner special.

Daily Mass: 5:15 p.m. Mon.-Thu.; 6:30 p.m. Fri.; 10 a.m. Sat.; 10:30 a.m. & 5 p.m. Sun.;

Monday
Protestant women's bible study 7 p.m.

Tuesday
AWANA 6 p.m.

Wednesday
Protestant men's/women's lunch/study noon; Catholic choir practice 5 p.m.; Protestant youth bible study 5:30 p.m. T-37A; traditional choir practice 6 p.m.; hand bell choir practice 7 p.m.

Thursday
Gospel choir practice 7 p.m.

Friday
Catholic bible study 7 p.m.

Sunday
Protestant Liturgical Celebration of Holy Communion 8:30 a.m.; Catholic religious education 9 a.m.; Protestant traditional service 9 a.m.; Protestant Sunday school 10:30 a.m.; Protestant Gospel service & fellowship noon; Protestant teens/youth 6 p.m.; RCIA 6:30 p.m.



AFN Sports on TV